

Frederick Pedalers Bicycle Club Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Ride Leader Signature

Date

Leader phone number

Ride Title and Distance

Ride Pace

Ride Leaders – mail, or scan and email, this waiver with all information complete to:

USPS: Frederick Pedalers, PO Box 1293, Frederick MD 21702-0293

email: clubmail@frederickpedalers.org

IN CONSIDERATION of being permitted to participate in any way in Frederick Pedalers Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue my participation in the Activity

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE, the Frederick Pedalers Bicycle Club, League of American Bicyclists, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ THIS AGREEMENT AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Helmets are Highly Recommended; Ride Single File in Traffic; Obey All Traffic Laws

Participant's Signature	Printed Name	Participant's Cell Number	Emergency Contact (include phone #)	FP member Y/N

Frederick Pedalers Ride Leader Check List

Before the Ride:

- Print out the waiver, aka ClubRides sign-in sheet (at https://frederickpedalers.org/wp-content/uploads/2014/12/ClubRides_signin_sheet.pdf).
- Make sure the cue sheet and/or RWGPS is accurate and up-to-date.
- Plan food and rest stops as appropriate.
- Get permission if necessary for car parking.
- Include FPBC name and your phone number on the cue sheet.
- Invite friends to help make your ride a success.

Day of the Ride:

- Show up at least 15 minutes before the start time.
- Identify yourself as the ride leader.
- Have all cyclists sign the waiver before they get a cue sheet.
- Bring a cell phone and the sign-in sheet on the ride, in case of an emergency.
- Make sure everyone is properly equipped (water, helmets, lights, etc).
- Be friendly - welcome new riders - you represent FPBC.
- Explain the route and identify potential problems - discuss regrouping, rest and meal stops.
- Encourage hand and verbal signals, riding single file along the edge of the road and courtesy to motorist and other cyclists.
- Counsel riders who are affecting the safety or the overall pace of the ride.
- Keep the ride together and controlled, at the advertised pace
- Inform the group about your style of ride leadership style, e.g., do you ride in front, back or other position in the group
- Keep track of the riders in the back to make sure they do NOT get dropped.
- Assist in the event of mechanical breakdown and ensure rider can resume riding, or solicit a volunteer to stay with that rider until they can be picked up
- Make sure all riders have returned before you leave the start/finish location.

After the Ride

- Thank everyone for coming and answer or take note of any concerns or questions.
- Report injuries or other significant incidents to the FPBC President and Touring VP
- Hang onto the sign-in sheet and hand it over the Touring VP at your earliest convenience.